

Meeting Debrief: IFS Style

www.contextmatters.work

Date: _____

coⁿtext

MATTERS

After your meeting, quickly jot down your responses to the following questions

What's coming up for you after this meeting?

Thoughts?

Feelings?

Somatics - Sensations?

Where does this come from? Does it feel familiar? Have you felt this way before?

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What impulses do you notice that might be related to how the meeting went?

Do these impulses make you want to move towards or away from topics or actions that were discussed?

(For example, a part of me feels like they want to crawl in bed and avoid everyone or a part feels inspired and energized and is ready to start doing or creating)